

Partners in Prevention Fund

Site: _____

What is your middle initial? _____

What is your date of birth (month/day/year)? _____

Today's date: _____

Tell Us What You Think Now!

1. Tell Us About You

2. I am a:

☐ Girl ☐ Boy

3. I am in grade:

☐ 5 ☐ 6 ☐ 7 ☐ 8

☐ Other grade: Which grade?

4. I am:

☐ 10 years old ☐ 11 years old

☐ 12 years old ☐ 13 years old

☐ ____ years old (fill in your age if it is not on the list)

5. I am:

☐ Hispanic or Latino

☐ Not Hispanic or Latino

6. I am: (Check one or more)

☐ American Indian or Alaska Native

☐ Asian

☐ Black or African American

☐ Native Hawaiian or Other Pacific Islander

☐ White or Caucasian

☐ Other _____

Instructions

The next questions ask about physical activity, nutrition, and the media. Your answers will help us develop programs for youth your age. This is not a test! You will not be graded on these questions. We hope you find this activity interesting.

Physical Activity

7. Young people should be physically active for _____ minutes each day. (Check one)

☐ 15

☐ 45

☐ 30

☐ 60

Check True or False for each statement below.	True	False
8. Riding a bike is a weight-bearing activity.		
9. Gardening is a physical activity.		

10. What is the best thing you can do to build strong bones and teeth? (Check one)

☐ Eat vegetables and fruits and get enough sleep.

☐ Eat foods high in calcium and do weight-bearing activities.

☐ Eat foods with added sugars and do stretches to be more flexible.

☐ Eat foods with fewer added sugars and do weight-bearing activities.

11. To me, physical activity is important. (Check one)

☐ I disagree

☐ I don't agree or disagree

☐ I agree

12. To me, physical activity is interesting. (Check one)

☐ I disagree

☐ I don't agree or disagree

☐ I agree

Nutrition

Check True or False for each statement below.	True	False
13. Foods that naturally have sugar tend to have more nutrients than foods high in added sugars.		
14. Over time, eating foods that are high in solid fats, added sugars, and calories and low in fiber can lead to health problems.		
15. What a young person eats now has no impact on their future health.		
16. People who eat lots of whole-grain foods and other foods that contain fiber as part of their everyday eating may have lower risks of heart disease, diabetes, and some cancers.		

17. Check all the reasons why whole grains and foods made from whole grains are an important part of daily eating.

- ☐ Whole-grain foods have more naturally built-in nutrients than refined-grain foods.
- ☐ Eating whole-grain foods can help keep us healthy.
- ☐ Whole-grain foods contain fiber.

18. Check all the ways that you can *reduce added sugars* in your daily eating.

- ☐ Eat a plain cereal instead of frosted cereal for breakfast.
- ☐ Drink water instead of fruit punch.
- ☐ Have ice cream as a sometimes treat.
- ☐ Split a candy bar with a friend instead of eating the whole thing.

19. Check all the ways that you can *reduce solid fats* in your daily eating.

- ☐ Remove the skin before eating chicken.
- ☐ Eat fewer fruits, lentils, and beans.
- ☐ Drink fat-free or low-fat milk instead of whole milk.
- ☐ Choose a small order of French fries instead of a large order of French fries.

20. Check all the foods that are sources of calcium.

- ☐ Cheese
- ☐ Spinach
- ☐ Carrots

- ☐ Peanut butter
- ☐ Milk
- ☐ Apples

Instructions for Questions 20-23: Use the Nutrition Facts label below to answer the questions.

Cereal, granola style

Nutrition Facts	
Serving Size 1/2 cup (61g)	
Servings Per Container 10	
Amount Per Serving	
Calories 280	Calories from Fat 140
% Daily Value*	
Total Fat 15g	23%
Saturated Fat 3g	14%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 15mg	1%
Total Carbohydrate 32g	11%
Dietary Fiber 6g	26%
Sugars 17g	
Protein 9g	
Vitamin A 0%	• Vitamin C 0%
Calcium 4%	• Iron 15%

21. How many servings are in this item? _____

22. What is the serving size for this cereal? _____

23. How much fiber is in one serving of the cereal? (Circle one)

- a. 2 grams
- b. 13 grams
- c. 6 grams
- d. 15 grams

24. Based on the %DV (daily value), is one serving of this cereal high or low in total fat? (Circle one)

- a. High
- b. Low

25. To me, choosing foods that are good for my body is important. (Check one)

- ☐ I disagree
☐ I don't agree or disagree
☐ I agree

26. To me, choosing foods that are good for my body is interesting. (Check one)

- ☐ I disagree
☐ I don't agree or disagree
☐ I agree

Media

Check True or False for each statement below.	True	False
27. Many media ads promote foods that are high in solid fats and added sugars and that do not have much nutritional value.		
28. Media do not have a powerful effect on our attitudes, behavior, and health.		
29. Many people like to snack when they use media and may not realize how much they are eating.		
30. Many media ads aimed at young people (and adults) make foods seem very tempting.		
31. Media keep us busy but may not keep us physically active.		